We claim,

1. A method of treating diabetes in a mammal, comprising administering to the mammal an agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity such that diabetes is treated.

2. The method of claim 1 wherein the treatment of diabetes results in one or more of decreased serum glucose concentrations, improved glucose tolerance, increased insulin sensitivity, reduced hyperinsulinemia, and improved glycemic control.

3. The method of claim 1, wherein diabetes is non-insulin dependent diabetes mellitus (NIDDM).

4. The method of claim 1, wherein the agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity is a molecule capable of inhibiting VEGF activity or expression.

5. The method of claim 4, wherein the molecule capable of inhibiting VEGF expression is a VEGF antagonist selected from the group consisting of an antibody, a VEGF trap, a small molecule, a lipid, and a carbohydrate.

6. The method of claim 5, wherein the VEGF trap is selected from the group consisting of acetylated Flt-1(1-3)-Fc, Flt-1(1-$3_{R->N}$)-Fc, Flt-1(1-$3_{\Delta B}$)-Fc, Flt-1(2-$3_{\Delta B}$)-Fc, Flt-1(2-3)-Fc, Flt-1D2-VEGFR3D3-FcΔC1(a), Flt-1D2-Flk-1D3-FcΔC1(a), and VEGFR1R2-FcΔC1(a).

7. The method of claim 4, wherein the agent capable of inhibiting expression is an antisense molecule.

8. The method of claim 1, wherein administration is via subcutaneous, intramuscular, intradermal, intraperitoneal, intravenous, intranasal, or oral routes.

9. A method of inhibiting the development or progression of type 2 diabetes in a human subject suffering therefrom or at risk for developing type 2 diabetes, comprising administering to the subject

an agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity such that diabetes is treated.

10. The method of claim 9, wherein the treatment results in one or more of decreased serum glucose concentrations, improved glucose tolerance, increased insulin sensitivity, reduced hyperinsulinemia, or improved glycemic control.

11. The method of claim 9, wherein the agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity is a molecule capable of inhibiting VEGF activity or expression.

12. The method of claim 11, wherein the molecule capable of inhibiting VEGF expression is a VEGF antagonist selected from the group consisting of an antibody, a VEGF trap, a small molecule, a lipid, and a carbohydrate.

13. The method of claim 12, wherein the VEGF trap is selected from the group consisting of acetylated Flt-1(1-3)-Fc, Flt-1(1-$3_{R->N}$)-Fc, Flt-1(1-$3_{\Delta B}$)-Fc, Flt-1(2-$3_{\Delta B}$)-Fc, Flt-1(2-3)-Fc, Flt-1D2-VEGFR3D3-FcΔC1(a), Flt-1D2-Flk-1D3-FcΔC1(a), and VEGFR1R2-FcΔC1(a).

14. The method of claim 9, wherein administration is via subcutaneous, intramuscular, intradermal, intraperitoneal, intravenous, intranasal, or oral routes.

15. A method of improving glucose tolerance or insulin sensitivity in a human subject in need thereof, comprising administering to the subject an agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity.

16. The method of claim 9, wherein the agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity is a molecule capable of inhibiting VEGF activity or expression.

17. The method of claim 16, wherein the molecule capable of inhibiting VEGF expression is a VEGF antagonist selected from the group consisting of an antibody, a VEGF trap, a small molecule, a lipid, and a carbohydrate.

18. The method of claim 17, wherein the VEGF trap is selected from the group consisting of acetylated Flt-1(1-3)-Fc, Flt-1(1-$3_{R->N}$)-Fc, Flt-1(1-$3_{\Delta B}$)-Fc, Flt-1(2-$3_{\Delta B}$)-Fc, Flt-1(2-3)-Fc, Flt-1D2-VEGFR3D3-FcΔC1(a), Flt-1D2-Flk-1D3-FcΔC1(a), and VEGFR1R2-FcΔC1(a).

19. The method of claim 15, wherein administration is via subcutaneous, intramuscular, intradermal, intraperitoneal, intravenous, intranasal, or oral routes.

20. A method of treating diabetes in a patient in need of such treatment comprising administering to the patient a molecule capable of inhibiting VEGF activity or expression.

21. The method of claim 20, wherein the molecule capable of inhibiting VEGF activity or expression is a VEGF trap selected from the group consisting of acetylated Flt-1(1-3)-Fc, Flt-1(1-$3_{R->N}$)-Fc, Flt-1(1-$3_{\Delta B}$)-Fc, Flt-1(2-$3_{\Delta B}$)-Fc, Flt-1(2-3)-Fc, Flt-1D2-VEGFR3D3-FcΔC1(a), Flt-1D2-Flk-1D3-FcΔC1(a), and VEGFR1R2-FcΔC1(a).

22. A method for treating diabetes comprising administering to a patient in need of such treatment an agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity and a hypoglycemic agent.

23. A method for treating diabetes comprising administering to a patient in need of such treatment an agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity and a weight loss agent.

24. An article of manufacturing comprising:
a) packaging material; and
b) a pharmaceutical agent contained within said packaging material;
wherein the pharmaceutical agent comprises at least one VEGF antagonist and the packaging material comprises a label or package insert which indicates that the at least one VEGF antagonist can be used for treating diabetes.